



# Fall Off-Duty Safety



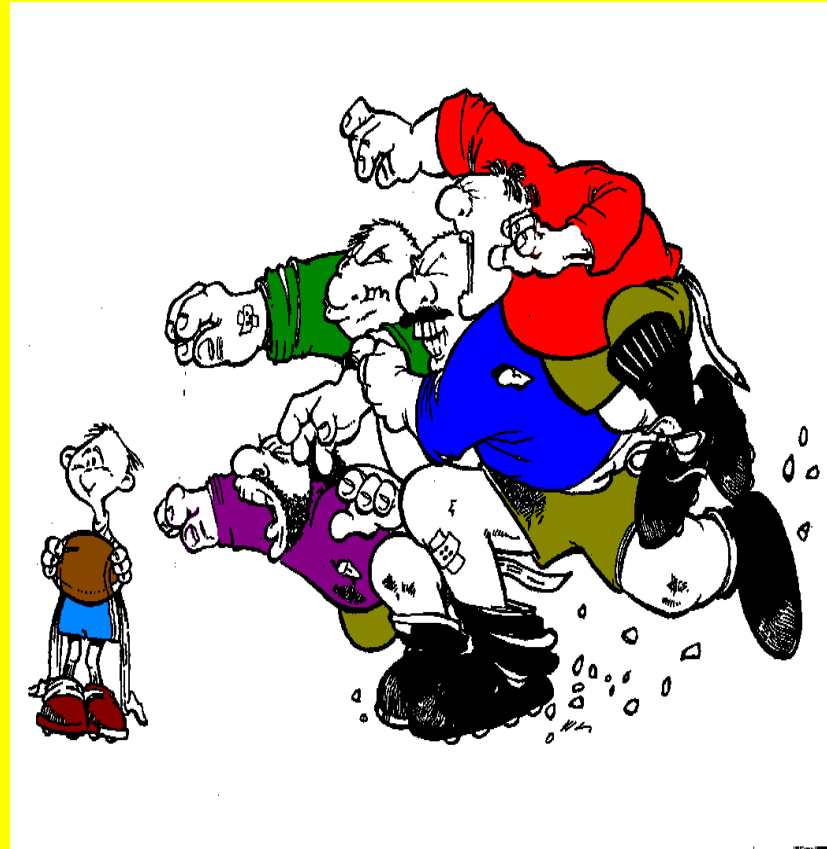
# Rock Climbing

- **Training**
- **Buddy System**
- **Weather Conditions**
- **Helmet**
- **Safety Equipment**



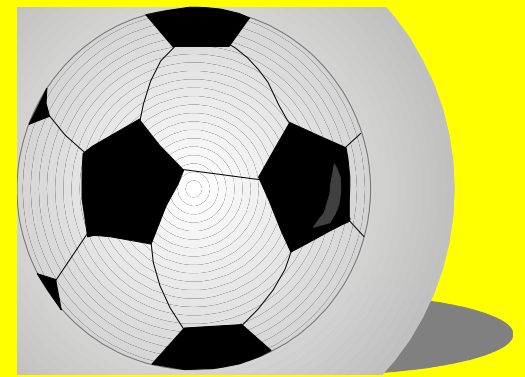
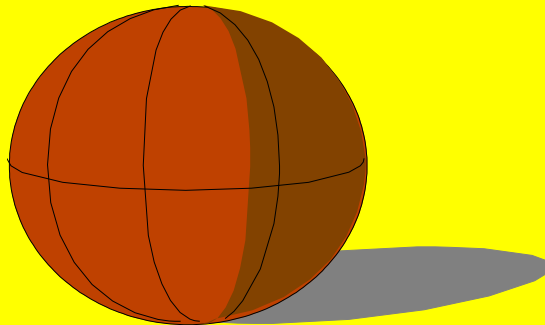
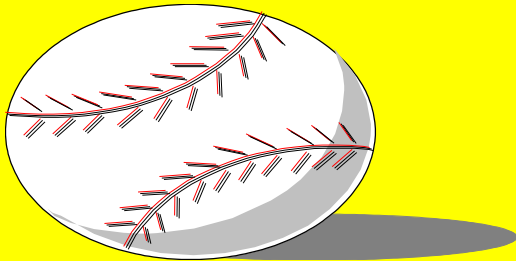
# Flag Football

- ◆Billed Caps Prohibited
- ◆Block Between Shoulders And Waist
- ◆Fumbles Can Not Be Advanced
- ◆Rubber Cleats Or Tennis Shoes



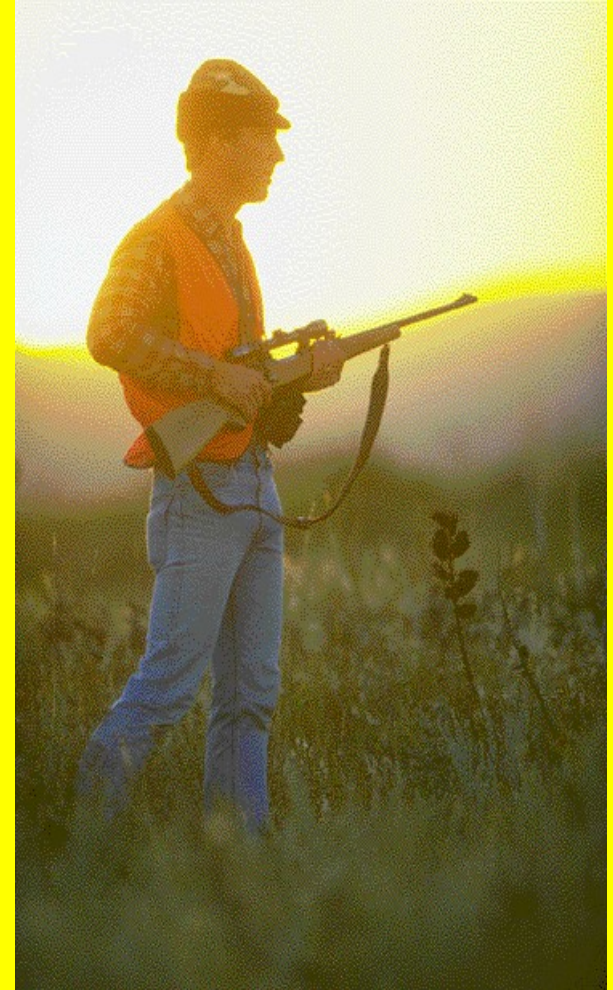
# Sports Injuries Causes

- ◆ Poor Conditioning
- ◆ Inadequate Ability And Skill
- ◆ Lack Of Protective Equipment
- ◆ Violation Of Rules



# Prevent Hunting Mishaps

- Hunter's Safety Course
- Wear Blaze Orange
- Separate Guns And Ammo
- If In Doubt Do Not Shoot





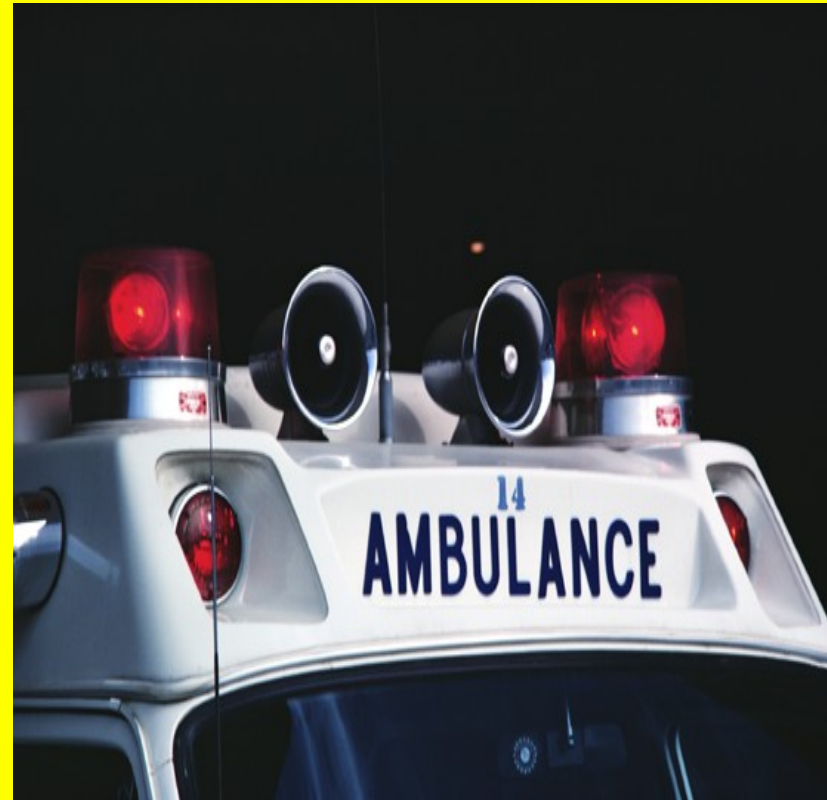
# Camping Safety

- **Check Weather Forecasts Before You Leave**
- **Water-repellant And Wind-resistant Material For Tents And Sleeping Bags**
- **Wear Proper Fitting Layer Clothing, Boots & Cap**
- **Insect Repellant And Mosquito Netting**
- **Cooler For Perishable Foods**
- **No Combustible Materials Within 10 Feet Of Campfire**
- **Stay On Marked Trails**
- **Avoid Poisonous Snakes And Plants**



# Most Common Sports Injuries

- ◆Poor Conditioning
- ◆Inadequate Ability And Skill
- ◆Lack Of Protective Equipment
- ◆Violation Of Rules



# Basketball

- ♦ **Appropriate Shoes**
- ♦ **Elbow/Knee Pads**
- ♦ **Mouth Piece**
- ♦ **Remove Jewelry**
- ♦ **Warm-up**
- ♦ **No Horseplay**
- ♦ **Slip Hazards**





# Weight Lifting

- ◆ **Warm-up**
- ◆ **Spotter**
- ◆ **Collars**
- ◆ **Positive Latching Devices (No S-Hooks)**
- ◆ **Store Weights After Use**



# Soccer Safety

- **Anchored Goal Posts**
- **Shin Guards**
- **No Unsportsmanlike Conduct**



# **Carbon Monoxide The Silent Killer**

- **Install A Carbon Monoxide Detector**
- **Follow Manufacturer's Recommendations For Placement**
- **Test The Device Monthly**
- **Replace The Detector Or Battery As Recommended**

# Ladder Safety

- **Right Ladder For The Job**
- **Inspect Ladders**
- **Metal Ladder + Electricity = Death**
- **4 To 1 Ratio**
- **3 Feet Rule**



# Fall Fishing Can Be Deadly

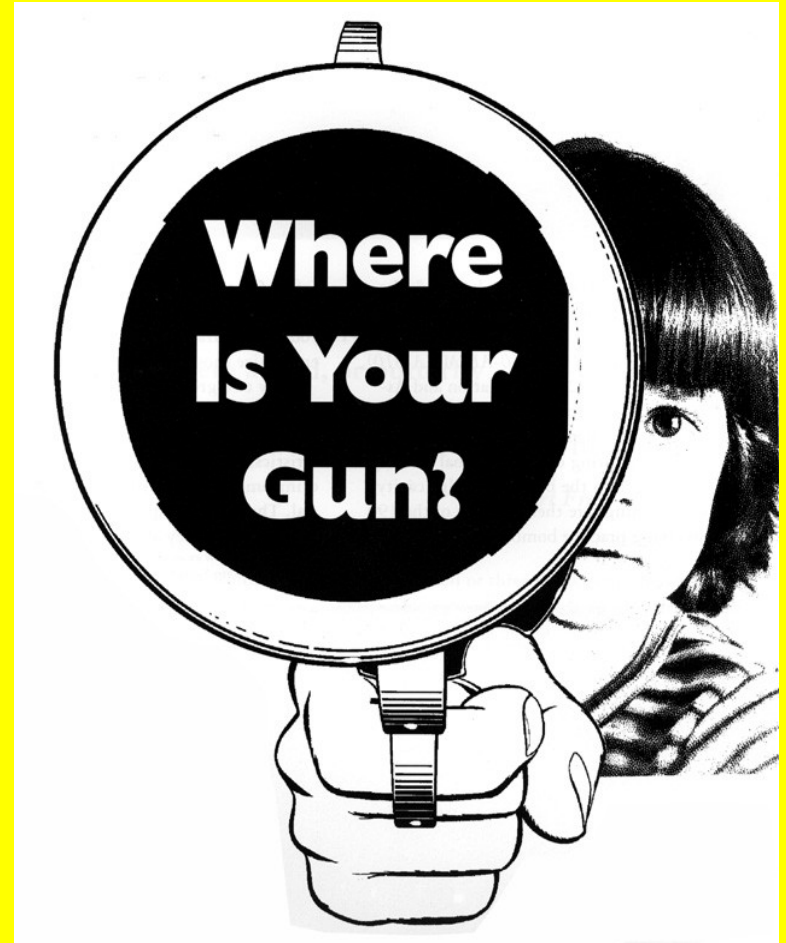
- **Keep Clothing On**
- **Avoid Thrashing Around**
- **Wear A PFD**
- **If Boat Capsizes Climb Back Into Or On Top**





# Small Arms Safety

- \* Take A Small Arms Safety Course**
- \* Assume Firearms Are Loaded**
- \* Be Sure Of Your Target**
- \* Separate Guns And Ammo**



# Halloween Safety

- **Flame Resistant Clothing**
- **Reflective Material**
- **Flexible Material For Swords/Knives**
- **Inspection Of Treats**
- **Remove Obstacles From Yard, Porch And Steps**



# Non-Powered Scooters

## Manage The Risks:

- **Helmet**
- **Personal Protective Equipment**
- **Learn How To Stop**
- **Smooth Surface**
- **Not During Peak Traffic**
- **No Portable Listening Devices**



# Table Saw Safety

- **Follow Manufacturer's Recommendations**
- **PPE**
- **Use Guarding Devices**
- **Push Sticks**



# **Risk Management**

- **Hazard Identification**
- **Risk Assessment**
- **Risk Decisions**
- **Control Implementation**
- **Monitoring**





# The End

